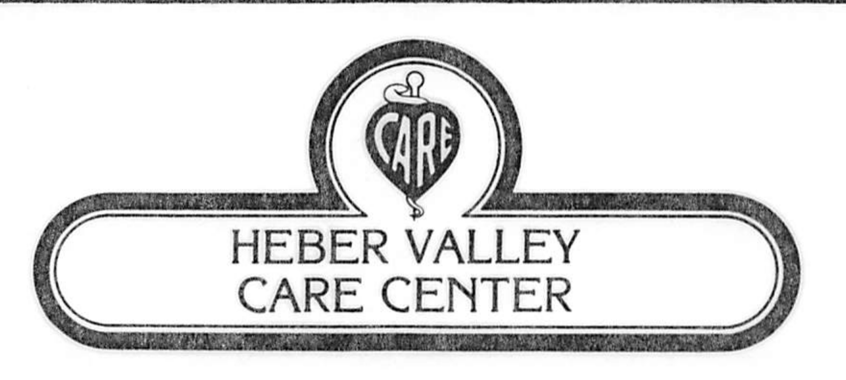


January, 1985 Newsletter

"Administrator's Message"

Recently a very beautifully written poem was sent to me. It does a very good job of conveying my feelings about aging with pride. Let me share it with you.

Rocking Chairs

Rocking chairs are not so bad
When you cannot stand,
And it's not really very sad
To have a helping hand.

Much can be done from a sitting pose
Beside twiddling fingers and blowing your nose.

There's reading and writing and sewing to do,
And praying and learning and things quite a few.

It would be so nice to run 'round the block.
Or climb up the hill and sit on a rock.

But if we can not
Let's be satisfied
To do what we can
And do it with pride.

By Bertha Christensen
Age 86
Provo, Utah

Employee of the Month

Veda, 'Baby Sister', Brierley is our employee of the month for December. Veda has cooked for Heber Valley Care Center for 2 plus years. Born in Heber, she comes from a family of 5. She has three brothers and, famous, big sister Ora. Veda is the mother of three boys and one girl, her son Wayne is the maintenance supervisor at the Center. Best known for her big heart and easy attitude, Veda is truly loved by the residents as well as fellow employees.

Nurse's Message



Freedom to participate in recreational activities or to ambulate at will. This is a primary need of the Alzheimer's Patient.

At times, one who suffers this disease needs structured involvement and at other times their attention span is so short and their desire to be "On the Go" is so strong that they need a hazard-free environment to just walk. Close monitoring is a key factor in maintaining this freedom. Both of which we are proud to say we offer here at Heber Valley Care Center. Our staff is alerted and aware of the natural process of this disease. We take into consideration that such a victim may not always realize where they are but that they also need to be allowed to do as much for themselves as possible.

The process of Alzheimer's Disease appears in 3 stages which may very often overlap.

First stage:
1. Forgetfulness/memory impairment
2. Impairment in judgment
3. Increasing inability to handle routine tasks
4. Lack of spontaneity
5. Lessening of initiative
6. Disorientation of time and places
7. Depression and terror

Second Stage:
1. Wandering
2. Increasing disorientation
3. Increasing forgetfulness
4. Agitation and restlessness, especially at night
5. Develop an inability to attach meaning to their sensory
6. Inability to think abstractly
7. Muscle twitching may develop
8. Convulsive seizures may develop
9. Repetitive actions

Third (final) stage:
1. Disorientation
2. Complete dependence
3. Inability to recognize either themselves (in the mirror) or other people
4. Various forms of speech impairment to complete muteness
5. Develope a need to put everything into their mouths
6. Develop necessity to touch everything in sight
7. Become emaciated
8. Complete loss of control of all body functions